

Farm



Fresh

September 2007

Available Now...

Pears

Colorado ranks seventh in the nation for pear production. In 2006 Colorado produced 2,300 tons of pears valued at over \$1 million.

Choose pears that are firm and plump. Avoid any with damaged skin, soft spots or dull color. Pears are low fat, sodium free, a good source of fiber and a good source of Vitamin C.

Look for Colorado pears at your local grocery store, farmers' market or at restaurants across the state.



Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown throughout Colorado.

Visit www.coloradoagriculture.com for a complete list of recipes.

Colorado Pear and Corn Chutney

Chef Jason K. Morse, C.E.C., Valley Country Club

Serves 8

- 1 fl oz. Olive Oil
- 2 Tbsp. Shallot, peeled, minced
- 1 Tbsp. Garlic, peeled, minced
- 1/2 Pepper, Red Bell, small diced
- 1/2 Pepper, Green Bell, small diced
- 1/2 Pepper, Orange, small diced
- 4 ears Sweet Corn, blanched, grilled, cut from cob
- 3 Pear, peeled, cored, seeded and diced
- 1 Tbsp. Thyme, dried
- 1 Tsp. Chervil, dried
- 1 fl oz. Honey
- 4 fl oz. Apple Juice
- 1 fl oz. White Balsamic Vinegar
- 1 Tbsp. Vanilla Paste
- Kosher Salt and White Pepper to taste
- 2 Tbsp. Italian Parsley, chopped fine, no stems

Heat a sauté pan, add the olive oil and bring up to temperature. Add the garlic and shallots and sauté until just golden brown. Add the peppers and corn and sauté until golden, season with salt to taste. Add the pears, herbs, honey, juice, vinegar and vanilla. Sauté and reduce until starts to thicken and pears break down. This mixture should start to look the consistency of a compote or chutney. Season to taste with salt and white pepper. The overall flavor should be balanced very well, be careful not to over season. Add the chopped parsley and remove from heat, chill in a shallow container. Serve at room temperature with Colorado lamb chops.

Enjoy with a Colorado wine, such as a glass of Pear Wine from Mountain View Winery, located in Olathe, Colorado.

Next Month... Cabbage